



# Hereford Wheelers 50km Challenge Ride 2011

Funds raised in aid of St Michael's Hospice, Hereford



Sunday 19<sup>th</sup> June 2011

Start from 9.30am

Hereford Leisure Centre

Holmer Road, Hereford





# Hereford Wheelers 50km Challenge

**Ride 2011** in support of St Michael's Hospice, Hereford

If you have a roadworthy cycling machine take up the challenge, appreciate some of the Herefordshire Countryside and support a local charity....

This event is organised by the Hereford & District Wheelers Cycling Club and held under CTC Regulations (see [www.ctc.org.uk](http://www.ctc.org.uk)). **It is not a race or trial of speed.** You are expected to follow the rules of the road and show consideration to other road users.

**Entry Fee** is just **£5 per person**. Late Entries can be taken **on the day for £7.50**. If you are under 18 you will need to ensure the parental consent section on the entry form is completed.

PLEASE NOTE: The route is on open public roads. The route is not way marked or marshalled, you will receive a simple but detailed route card and a map will be on display at the start. The organiser provides no dedicated rescue service although experienced riders will be on the route.

You should take tools and spare tubes/puncture repair kits with you. You will be responsible for your own safety and conduct. If you cannot complete the ride for whatever reason contact the organiser at the Leisure Centre (Tel. 0845 2410978)

## **Considered an Online Sponsor form!**

If you feel you could raise sponsorship there are several online donation sites, e.g. [bmycharity.com](http://bmycharity.com), [justgiving.com](http://justgiving.com), [virginmoneygiving.com](http://virginmoneygiving.com), where friends and family can sponsor you. There are several hospices called St Michael's so please look out for the logo and registered charity number 511179. Once you have set up your page, email all your contacts with the address and details so they can visit it and sponsor you!

## **Event Opens at 8.30am**

### **Ride Starts at 9.30am**

The ride starts and finishes at Hereford Leisure Centre, Holmer Road, Hereford, HR4 9UD. There are changing facilities, showers, limited parking, refreshments and a bar available.

Local check points on route will have refreshments available for sale. However, we do recommend at least a water bottle and food such as banana or energy bar is taken with you.

A safety helmet and reflective clothing is strongly advised although not a legal requirement.

For up-to-date information please visit [www.herefordwheelers.com](http://www.herefordwheelers.com)



# 50 KM CHALLENGE RIDE

9.30am 19 June 2011

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PARENTAL CONSENT: This is required for all entrants under 18 years of age. Parents must note the information on this form and be aware that this is an individual ride without leaders.

I am the Parent/Guardian of the Entrant and give my consent to this Entry.

Signed (Parent/Guardian):

Date:

Name (Parent/Guardian, please print):

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Forename:

Surname:

Address:

Email address:

Age (if under 18):

Riders next of kin (Name & Tel.):

Club (if a member of a cycling club):

*I acknowledge that I am taking part in a cycling event on the public highway and that I am responsible for my own conduct on the road throughout.*

Signed (by Entrant):

Date:

Cheques made payable to: **St Michael's Hospice**  
Send entry form to: **Hereford Wheelers Challenge Ride,**  
**Hereford Leisure Centre, Holmer Road, Hereford, HR4 9UD**





## **Cycling is an excellent way to stay fit and healthy**

Other Hereford Wheelers events to consider:

Also on Sunday 19<sup>th</sup> June running from Hereford Leisure Centre:

- 200km Cycle Audax starting at 8.30am
- 100km Cycle Audax starting at 9.00am

Further details on the Audax website [www.aukweb.net/events/](http://www.aukweb.net/events/)

Thought about entering a 10mile Cycling Time Trial:

- Come-and-try-it Thursday 16<sup>th</sup> June from 6pm at Allensmore Village Hall
- Club Time Trials run throughout the summer from April through to September (see out website for more details)

CLUB Membership is only £10 a year

Visit [www.herefordwheelers.com](http://www.herefordwheelers.com) for further details

**Our thanks to: Halo Leisure, for supporting the event.**